

Photo by Spc. Patrick Kirby, 3rd Brigade Combat Team, 25th Infantry Division

Mortarmen with Bravo Company, 2-35th Inf. Regt., set in and lay cover fire at the BAX, March 12, as part of a combined arms live-fire exercise.

## ‘Cacti’ conduct CALFEX

**STAFF SGT. ARMANDO R. LIMON**  
3rd Brigade Combat Team Public Affairs  
25th Infantry Division

SCHOFIELD BARRACKS — The “Cacti,” 2nd Battalion, 35th Infantry Regiment, 3rd Brigade Combat Team, 25th Inf. Division, held a company combined arms live-fire exercise (CALFEX) at the Battle Area Complex (BAX), here, March 8-13.

“We essentially have an infantry company team,” said Maj. Jacob White, operations officer, 2-35th Inf. Regt. “So, what makes it a team is it’s our core infantry company, and they have a heavy weapons platoon attached, which is four humvee gun trucks.”

Lt. Col. Ryan O’Connor, commander, 2-35th Inf. Regt., said Cacti created the exercise for the company level.

“The company is the training audience,” O’Connor said. “We tried to design the exercise, so it makes tactical sense and the company can practice what the company would do in combat situations.”

Such exercises are normally held at Pohakuloa Training Area on the Big Island of Hawaii.

“Here on the island of Oahu, it is a smaller impact area, so we have to do a lot of management around the edges to make sure the company is free to do what they need to do to train,” O’Connor said.

The Soldiers had conducted extensive training in advance for the final live-fire exercise last weekend (March 12-13).

“We started last month doing squad live fire,” O’Connor said, “so we do all the progression to get up to a squad, which is then able to fire maneuver under live conditions.”

What truly made it a combined arms exercise was the integration of combat elements from the 3-7th Field Artillery Regt., Sappers from the 29th Bde. Engineer Bn. and combat aviation elements from the 2-6th Cav. Regt.

“They’ll go from just breaching the obstacle and taking out a bunker, (to) establishing a foothold, to clearing the entire objective and fighting off a counter attack,” White said. “To execute that larger mission, we’ll use a larger force; we’ll bring the whole company out here and build to that as the culminating event. From a combined arms perspective, we have infantry, engineers, aviators and field artillerymen. All those different specialists of the Army come together to make a

combined arms team.”

“So that entire team can come out here in the BAX of Schofield Barracks and execute a live fire together to help train our core warfighting functions,” he added.

It isn’t often that a heavy infantry company has supported mortars, sappers, field guns and AH-64 Apaches.

“On the rare occasions that we get together to plan a larger event that we can incorporate some of our warfighting functions like the artillery, aviation and engineer communities into our training is invaluable, because in reality, if we ever deploy, we don’t deploy as infantryman, we deploy as an Army,” White said. “Having that interaction with our brothers in the different specialties out there is critical to what we do.”

O’Connor found the live exercise was great, not just for the battalion, but all elements involved.

“We have seen exponential progression for every platoon, and now this company,” O’Connor said. “It is great to see that, and it’s very important and valuable for the Soldiers and the leaders. Exercises like these ensure confidence of the Soldiers in their weapons and equipment, and their leaders, units and their buddies on their left and right.”

## U.S., Cambodian forces partner for Angkor Sentinel 16

Story and photo by  
**MASTER SGT. MARY FERGUSON**

8th Theater Sustainment Command Command Public Affairs

KAMPONG SPEU PROVINCE, Cambodia — U.S. and Cambodian forces officially opened Angkor Sentinel 2016, an annual bilateral military exercise hosted by the Royal Cambodian Armed Forces and sponsored by the U.S. Army Pacific, during a ceremony, Monday, at the Training School for Multinational Peacekeeping Forces, here.

This year marks the seventh iteration of the exercise that’s designed to collectively strengthen the two countries’ humanitarian assistance and disaster relief capabilities and improve military-to-military cooperation.

“I believe the Angkor Sentinel exercise that begins today showcases some of the best kinds of things militaries accomplish for their nations and citizens,” said Julie Chung, Chargé d’affaires, U.S. Embassy Phnom Penh. “Angkor Sentinel’s activities will include training and exchanges covering humanitarian assistance, disaster response, first aid, engineering, explosive ordnance disposal, countering improvised explosive devices, transporting people and supplies, and developing leaders.”

She said, “Any country, including both Cambodia and the United States, will be a better, safer place to live with military people who are

skilled in these functions.”

The two-week exercise brings together Cambodian Forces from the Royal Cambodian Army (RCA); National Center for Peacekeeping Forces, Mine, & Explosive Remnants of War Clearance (NPMEC); and Gendarmerie Royale Khmer (GRK), with U.S. forces from USARPAC, 8th Theater Sustainment Command, 130th Theater Engineer Brigade, 8th Military Police Bde., 303rd EOD Bn., the Idaho Army National Guard, 18th Medical Command, Asia Pacific C-IED Fusion Center (APCFC), and 413th Contracting Bde.

Maj. Gen. Edward F. Dorman III, commander, 8th TSC, encouraged the more than 150 participants to enthusiastically embrace the opportunity to learn from each others’ expertise and absorb each others’ rich cultures and traditions.

“Humanitarian assistance and disaster relief are priorities for both of our countries, and as we operate together in this complex, ever-changing region, exercises like this one are critical to our regional stability and security,” he said. “When we join together, train together and grow together now, we ensure that we are prepared together for whatever the future may bring.”

The concentrated training agenda includes intense academics, team building events and practical exercises intended to foster exchange



Angkor Sentinel 2016, an annual bilateral military exercise hosted by the Royal Cambodian Armed Forces and sponsored by USARPAC, begins with an opening ceremony, March 14, at the Training School for Multinational Peacekeeping Forces in Kampong Speu Province, Cambodia.

and opportunities for the two countries’ militaries to learn about each others’ tactics, techniques and procedures, while strengthening relationships and building the foundation for fu-

ture HA/DR exercises.

It’s expert academic exchanges and training events will culminate in a combined situational training exercise on March 25.

## Engineer NCOs strengthen the Army’s backbone

Story and photo by  
**SGT. IAN IVES**

Defense Video & Imagery Distribution System

SCHOFIELD BARRACKS — The United States Army is known for its outstanding NCO Corps and its traditions.

The 65th Brigade Engineer Battalion, 2nd Bde. Combat Team, 25th Infantry Division, aimed to continue the tradition of honoring the strength of its NCO Corps with exercise Bayonet Sharpening, here, which began Feb. 25.

“A noncommissioned officer, simply put, is a trainer,” said Command Sgt. Maj. T.J. Holland, brigade senior enlisted adviser. “Sergeants train Soldiers, are charged with caring for their well-being, and maintaining good order and discipline of an organization, as well as being advisers to commissioned officers.”

Bayonet Sharpening took junior grade NCOs through a week of training on Soldier skills, with a focus on learning how to properly teach the skills to junior enlisted Soldiers. During the second week, the sergeants worked directly with their Soldiers to train them on the tasks they had just learned. On the last day of training, the sergeants led their team through the Leaders Reaction Course.

“This training was a good refresher,” said Sgt. Ian Polito, an engineer with Company A, 65th BEB. “It was nice to relearn these tasks and how to teach them with my peers so that I can proficiently train my Soldiers.”

An NCO induction ceremony was held at the end of the first week of training to welcome new members into the NCO Corps, known as the backbone of the Army.

“This is an opportunity for junior NCOs to symbolically cross the line of passage from Soldier into the NCO Corps,” said Holland.

The ceremony was held aboard the USS Missouri, March 4, where inspirational stories were presented of how NCOs effectively influenced the outcome of past wars. The presentation acknowledged more than 30 newly promoted sergeants as members of the time-honored Corps as they walked through the NCO archway.

Following Bayonet Sharpening, the 65th BEB NCOs are now more proficient in their roles as the Army’s most influential leaders.



Engineers with Co. A, 65th BEB, 2nd BCT, 25th ID, work together to negotiate a barrel over an obstacle at the Leaders Reaction Course, March 11, during exercise Bayonet Sharpening. The course is designed to force leaders to make quick and decisive decisions and to negotiate obstacles with their Soldiers.





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9TH MSC ARRIVAL AND DEPARTURE



Photo by Capt. Liana Kim, 9th Mission Support Command

**Chief Warrant Officer 5 John Brasfield (left) is officially welcomed to the 9th Mission Support Command by commander Brig. Gen Stephen K. Curda in an assumption of responsibility ceremony at Fort Shafer Flats, March 6. Brasfield will serve as the 9th MSC command chief warrant officer.**



Photo by 1st Lt. Grace Vandertuin, 9th Mission Support Command

**From right, Lt. Col. Jonathon Hirsch, Command Sgt. Maj. Sheila Woods and Sgt. 1st Class Anthony Gairnese render a final salute to the 9th MSC at a joint retirement ceremony commemorating their combined 85 years of service, March 6.**

# If you think you don't need a will, think again

**CAPT. MARK E. STARCHMAN**

Army News Service

VICENZA, Italy — Many Soldiers may think they don't need a will, but misconceptions may be preventing people from creating this important document.

**•“If I don't have a will, won't everything just go to my spouse/kids/parents automatically?”**

Who actually inherits from you depends on many different factors and is subject to the laws of the state of residence or where one's property is located. Depending on the state and the family situation, this could mean that everything left behind goes to parents, a spouse, children, siblings or some combination of those groups. By executing a will, the individual decides who inherits what is left behind rather than leaving it up to the state and courts.

For those with children, keep in mind, the will doesn't just pass along wealth and property; it also allows you to designate who you'd like to care for your children after you're gone.

If this preference hasn't been memorialized in a will, it may be up to a judge to decide who will raise your children and watch over their property. The judge won't know you, your children or your relatives as well as you do, and may leave the responsibility to someone you would never have wanted to care for your children.

**•“I've already filled out my DD93, DD214 and my SGLV 8286, so I'm all set, right?”**

Wrong. Those forms filled out with the personnel office only distribute ser-



Courtesy photo

vice-related benefits; they don't control what happens to everything else you own. Bank accounts, investments, real estate, vehicles and other personal possessions are not covered by any of the forms you fill out during in-processing and Soldier readiness forums.

**•“But I don't even have kids, why should I have a will?”**

In addition to allowing an individual to specify who inherits, the will is a chance to tell the courts who will be in charge of your estate.

One of the most important things one does in a will is to appoint an executor or personal representative for

his/her estate. After death, this person will be empowered to carry out the deceased's wishes and settle the estate (e.g., notify banks, credit card companies and government agencies of the death; pay debts; contact heirs; pay taxes; collect, maintain, protect and distribute property).

An executor is entrusted with an enormous amount of responsibility in properly executing last wishes. By naming this person in the will, you'll ensure that someone you trust is managing your affairs.

**•“I keep meaning to make a will, but I just can't seem to find the time!”**

The Schofield Barracks Legal Assistance Office tries to make the process of making a will as quick and painless as possible. Just stop by during regular business hours to pick up the “Estate Planning Questionnaire.” You can take this questionnaire home and fill it out at your leisure.

When you're done, drop it off at the office and schedule an appointment to return to review and execute your will.

Legal assistance attorneys are also available to answer any questions about the estate-planning process. They will discuss options for leaving property to intended heirs or other more complex arrangements, such as setting up a trust for a child or disinherit a family member.

If you want a say in how your property is distributed in the event of your death, a will is the appropriate legal document for you.

*(Editor's note: Starchman works in the Vicenza Legal Assistance Office.)*

**What Legal Assistance Can Do**

The Schofield Barracks Legal Assistance Office can answer questions about living wills and assist in their preparation. In most cases, it recommends execution of a living will along with a last will and testament.

Call 655-8607 to make an appointment to visit the Schofield Barracks Legal Assistance Office in Bldg. 2037, 278 Aleshire Ave. Its hours of operation are Monday, Tuesday (walk-ins on Tuesdays), Wednesday and Friday, 9:30 a.m.-4:30 p.m., and Thursdays, 1-4:30 p.m.

## FOOTSTEPS in FAITH

# Have you reflected on life's oldest question?

**CHAPLAIN (CAPT.) JAMES FRYER**

84th Engineer Battalion

130th Eng. Brigade

8th Theater Sustainment Command

Have you ever wondered about the origins of the universe and the mysteries relating to the source of human life?

Medieval Catholic theologian Thomas Aquinas (1224-1274) reasoned that we should come to the basic appreciation of a mighty architect of all of life.

In other words, he pondered that the building blocks of life had a heavenly builder who caused all things to be. He cultivated the notion that everything that moves in life must be moved originally by something else, and that



Fryer

or eternal in areas of science, morals and philosophy.

Another example of this comes from the English clergyman William Paley (1743-1805) who wrote in 1802 about a

divine watchmaker through whom all the details of the universe were created, just as a watchmaker envisions the construction of a watch and crafts it in a clever way.

“But suppose I had found a watch upon the ground, and it should be inquired how the watch happened to be in that place. ... There must have existed, at some time, and at some place or other, a producer, who formed (the watch) for the purpose which we find it actually to answer, who comprehended its construction, and designed its use. ... Every manifestation of design, which existed in the watch, exists in the works of nature, with the difference, on the side of

nature, of being greater or more, and that in a degree which exceeds all computation.”

— Natural Theology

Paley observed such detail in life. He really perceived life in a complete way and saw the impossibility of chance setting all things into motion.

Paul wrote in his letter to the Christians at Rome:

“... that which is known about God is evident within; for God made it evident to them. — Romans 1:19

This begs the next question: What is required of me?

# Voices of Ohana

For Women's History Month, we asked,

“Who is your favorite trailblazing woman and why?”

By Staff Sgt. Thomas G. Collins, 500th Military Intelligence Brigade



“Amelia Earhart. It is one thing to say you were the first at accomplishing anything. Of those who accomplished firsts, she was one of them.”

Staff Sgt. Courtney A. Jordan  
All source analyst, HHD, 500th MI Bde.



“Not a woman, but women. All of the women in the Army have so many responsibilities, including their position in the Army, being mothers and managing the house. I give them a lot of credit.”

Song Lee  
Budget analyst, HHD 205th MI Bn., 500th MI Bde.



“Susan B. Anthony, because her legend shares with women today the power behind being a woman. Not only did she want equality for women, she wanted social equality for all.”

Spc. Josephine E. Ramos,  
Signal support system specialist, HHD, 500th MI Bde.



“Marilyn Monroe, because she embraced being a woman and inspired women everywhere to love themselves the way they are. She was bold and not afraid to speak her mind.”

Spc. Mykala A. Sims  
IT specialist, HHD, 500th MI Bde.



“Amelia Earhart, because she laid the foundation for women after her to achieve more than the usual. She chased her dream and was an independent woman.”

Spc. Cory Trusty  
Intelligence analyst, Co. A, 205th MI Bn, 500th MI Bde.



# Joint senior enlisted work toward collaborative efforts



Photo by Sgt. Jon Heinrich, 8th Theater Sustainment Command Public Affairs

**Before joint services, Soldiers with 8th Special Troops Battalion, 8th TSC, demonstrate using combatives while having a weapon, March 11, at the WTC.**

**SGT. 1ST CLASS NICOLE HOWELL**  
8th Theater Sustainment Command Public Affairs

FORT SHAFTER — Senior enlisted leaders from the Army, Navy, Air Force and Coast Guard collaborated with the 8th Theater Sustainment Command senior enlisted adviser on ways each branch can integrate their service members into different areas of Pacific Rim sustainment, here, March 11.

The focus of this event was to figure out ways each service on Oahu can assist the others, both in garrison and abroad, making it a collaborative effort for enhancing capabilities in a complex environment, according to Command Sgt. Maj. Gregory Binford, 8th TSC’s senior enlisted adviser.

“I am trying to help build shared awareness of our capabilities with our joint and total force partners while also continuing to explore joint/total force leader development opportunities for our team,” said Binford.

To start the afternoon, the leaders conducted a briefing where they introduced themselves and their current professional responsibilities. Later, the leaders visited the 8th TSC Warrior Training Center to learn about the diverse types of tactical training conducted there, such as combatives and military operation in urban terrain.

The WTC provides service members on the south side of Oahu the ability to conduct the same type of training otherwise offered at Schofield Barracks.

They next visited the Joint Base Pearl Harbor-Hick-

am pier, where subject matter experts from the 7th Dive Detachment, 8th Military Police Brigade, 130th Engineer Bde. and 545th Harbormaster Company demonstrated their technical capabilities.

“This event really did a good job of letting us know the capabilities of the 8th TSC and areas where they can support the other services,” said Command Master Chief Ronny German, Coast Guard Sector Honolulu. “I especially liked the Warrior Training Center and the program, as well as the ship and diver static displays.”

The other branches also saw where Soldiers could be incorporated into some of their training and events, furthering a joint cross-pollination of the services.

“I work for Pacific Command, so I have to go back and get with the units to find out how we can incorporate Soldiers into some of our training,” said Chief Master Sgt. Melvin Jobe, the Pacific Air Force logistics, installations and mission support senior enlisted adviser. “I am also going to go back and tell them what is offered at the WTC.”

At the end of the tour, the leaders agreed that this would not be the last time they spoke on the topic of joint collaboration.

“The Navy, Air Force and Coast Guard conduct gatherings where the senior enlisted personnel come together and bounce ideas off each other,” said Command Master Chief David Carter, Navy Region Hawaii. “I will make sure the 8th TSC is added to the list.”

# Gender integration implementation plan gets outlined

**ARMY PUBLIC AFFAIRS**  
Army News Service

WASHINGTON — The Army announced, March 10, details of its implementation plan for integrating women into all military occupational specialties, paving the way for qualified female Soldiers to serve in the Infantry, Armor and Special Forces.

Initially, the Army will manage the assignments of women through a “leader first” approach.

Beginning this year, women will be able to branch as Infantry and Armor officers, followed then by female enlisted Soldiers to ensure they are assigned to operational units with integrated women leaders.

Under the new policies, all Soldiers will have the opportunity to serve in any occupational specialty based on their individual capabilities and the needs of the Army, allowing the Army to recruit Soldiers and leaders from a larger pool of qualified personnel. “We’re not going to turn our back on 50 percent of the population,” Acting Secretary of the Army Patrick J. Murphy said. “We are opening up every occupation to women. I think that’s pretty historic.”

The Army is implementing full integration through five lines of effort:

- Updating** physical and administrative screening standards;
- Managing** talent to select, train and promote the best qualified Soldiers;
- Building** integrated units;
- Educating** Soldiers and leaders and communicating how gender integration increases the readiness of the Army; and
- Continually assessing** integration strategies to successfully posture the force.

“An incremental and phased approach by leaders and Soldiers who understand and en-



Photo by Cindy McIntyre, "Tribune," Fort Sill, Okla.

**Pfc. Katherine Beatty's platoon fires three shells apiece to qualify on the M119A3 howitzer during live-fire training, March 1, at Fort Sill.**

force gender-neutral standards will ensure successful integration of women across the breadth and depth of our formations,” said Army Chief of Staff Gen. Mark A. Milley.

Between May 2012 and October 2015, the Army led all services in gender integration by opening more than 95,000 positions and nine occupations to women. In 2015, three Soldiers

became the first women to complete Army Ranger School.

The decision opens an additional 220,000 positions to women.

# Downsizing could exacerbate toxic behaviors in work spaces

**DAVID VERGUN**  
Army News Service

WASHINGTON — Studies have shown that in downsizing organizations there’s a tendency by some to increase their toxic behaviors, said Col. Ken Williams, Pentagon chaplain.

While the study didn’t focus specifically on the Army, which is currently downsizing, there could be some lessons to learn, Williams told a packed audience at the Pentagon Auditorium, March 2, during a presentation on toxic behavior.

A probable reason for the increase in toxic behavior is that when performance and productivity goals remain the same with fewer people, there’s often abusive behavior by toxic leaders to maintain the same levels through threats and manipulation, he said.

Also during downsizing, organizations don’t always keep their best and the brightest, he said. The toxic ones figured out the system and seem adept at hanging around.

“As we minister to folks around the building, one thing we noticed is an undercurrent of organizational issues,” Williams said.

He asked the audience to raise their hands if they’ve dealt with someone in their career they’d call toxic, and every hand shot up.

**Toxicity defined**

“Just because a person in your organization has a harsh personality, or holds you accountable for your work, that doesn’t mean they’re toxic,” Williams said.

While there’s no dictionary definition that describes a toxic person, collective assessments by organizational researchers find several commonalities of toxic behaviors, he said:

- Shaming, humiliating, using sarcasm;
- Blaming people for mistakes they didn’t make;
- Passive or aggressive behavior;
- Actions that sabotage teambuilding;
- Using tactics to stay in control, like miscommunication and pitting one person against another;
- Narcissistic behavior; and



Photo illustration by Peggy Frierson

**There are toxic people roaming organizations who shame and humiliate people as well as sabotage team building.**

- Sucking up to the boss.

**Results of toxicity**

Toxic leadership carries a cost to organizations, both directly and indirectly, Williams said. In one study, researchers interviewed more than 700 workers, managers and professionals in a wide range of profit, nonprofit and government sectors and received questionnaire responses from an additional 775 employees. Results of their work showed the following results among respondents subjected to toxic leaders:

- 48 percent decreased work effort.
- 47 percent decreased time at work.
- 38 percent decreased work quality .
- 80 percent lost time worrying about an inci-

dent.

- 63 percent lost work time avoiding offenders.
- 78 percent said commitment to job declined.
- 12 percent said they left their job.
- 25 percent took out frustration on customers.

**Toxic people hang around**

Why are toxic leaders allowed to remain in place? It could be that they’re highly regarded by their superiors, who put up with toxic behaviors, Williams said. Sometimes, those in charge of toxic people simply don’t pay attention to what goes on around them. Also, toxic people are adept at hiding their behaviors from those above them.

On the other hand, if enough people complain about someone who is toxic, the organization of-

ten simply moves him or her to a different part of the organization and the same pattern is repeated, he said. One high-level Army civilian was moved around like that for 30 years.

**Detox strategies**

Army Values like integrity, along with character and respect, need to be instilled in all levels of the organization, beginning with those at the top, Williams said. People need to be held accountable not just for results, but for how their behavior affects others.

Toxic people need to be confronted and told that their behaviors need to change, he said. Often, toxic people don’t even consider themselves to be toxic, so someone must tell them in a caring way, but with firmness.

The earlier toxic people can be identified and counseled in their career, the better it will be for them and for the Army, Williams added.

Another strategy that’s effective in detecting workplace toxicity is the departure interview, he said. People leaving an organization are more often than not more willing to talk about what went right and what went wrong while they were there.

**Good leadership**

While this seminar focused on toxic people, mention should be made of good leaders, the opposite of toxic ones, Williams said.

Good leaders have an impact on others both far and wide. They don’t just influence their subordinates, he said, they also allow their subordinates to influence them. They’re humble and willing to learn.

Good leaders get results in ways that inspire trust, he added. They set conditions for people to thrive and flourish.

*(Editor’s note: The study on the results of toxicity was conducted in 2000 by Christine Pearson, Lynne Andersson and Christine Porath. It was published in the journal, "Organizational Dynamics," Vol. 29(2).)*



# White paper says Army needs tough, realistic training

**MIKE CASEY**  
Army News Service

FORT LEAVENWORTH, Kan. — The Army must make training more like combat to prepare units and leaders for the complexities of future conflicts, a recent white paper has stated.

Lt. Gen. Robert B. Brown, commander, Combined Arms Center, approved the document, entitled "Enhancing Realistic Training."

In the white paper's forward, Brown said, training needs to reflect the intensity of combat that Soldiers saw in Iraq and Afghanistan.

"Legacy training methodologies and capabilities do not replicate the complexities or challenges they encountered during a decade of conflict," he said. "Our Soldiers and leaders realize the environment they will encounter in future combat is growing in complexity and unknowns, and they are demanding realism in training."

The white paper recommends the Combined Arms Center training establish an enhanced realistic training work group to conduct an accelerated capabilities-based assessment to identify the critical gaps and potential solutions for current and long-term capabilities development efforts.

Here is the white paper's definition of realistic training: Realistic training is the deliberate practice of individual and collective tasks to enable

tactical and technical proficiency that support mission accomplishment in a training environment that approximates the operational environment in both sufficient complexity and substance.

The operational environment is constantly changing, requiring the Army to prepare units to counter innovative threats. These threats can include regular and irregular forces, as well as criminals and terrorists, or even a hybrid threat that includes all of those groups.

Enhanced realistic training capabilities will provide a training environment that represents many of the conditions expected on future battlefields based on observed operational environment trends, the white paper stated.

To prepare units, training events must accomplish the following:

- Add multiple challenges for Soldiers, leaders and units to consider and overcome.
- Represent the physical and cognitive stresses of combat and its moral and ethical challenges.
- Incorporate the human, social-cultural and political aspects of conflict, replicate joint and combined arms effects, and the capabilities and limitations of Army ground forces and Unified Action Partners.

The white paper supports the Army Operating



Photo by Sgt. Brian C. Erickson, 25th Infantry Division

**“Broncos” from 3rd Squadron, 4th Cavalry Regiment, 3rd Brigade Combat Team, 25th Infantry Division, prepare a sked stretcher for a simulated casualty, May 2013. A recently released report suggests ways for improving Army-wide training and making it more realistic.**

Concept and Human Dimension Strategy. The concept states that training must be more realistic and challenging.

The 2015 Human Dimension Strategy lists realistic training as one of three lines of effort to de-

velop cohesive teams of professionals who can thrive in ambiguous, complex and challenging situations.

*(Editor's note: Casey works at the Combined Arms Center-Training.)*

# ASBP, TAMC help open transfusion center in Cambodia

**JESSICA PELLEGRINI**  
Armed Services Blood Program  
Tripler Army Medical Center

KAMPONG CHAM, Cambodia — The Armed Services Blood Program traveled, here, recently, to help open the Kampong Cham Provincial Blood Transfusion Center.

“Partnerships like this are a vital part of the military blood program’s global engagement mission,” said Navy Capt. Roland Fahie, ASBP director. “The work done in Cambodia will help ensure the country is producing a safe, potent and quality blood supply, as well as enhance U.S. partnerships in that region. As the president rebalances the Pacific, these partnerships and exchanges contribute to the success of U.S. global initiatives.”

“I am happy for my province and the people of Cambodia,” said Ly Sovith, director of the Kampong Cham Provincial Blood Transfusion Center. “(I’m) committed to put all the past knowledge received from the Armed Services Blood Program (to use) to improve the blood safety in Kampong Cham province and Cambodia.”



Photo courtesy of U.S. Pacific Command

**Dr. Sek Mardy, WHO officer for transfusion, completes his 13th donation at the new transfusion center, accompanied by Lt. Col. Teresa Terry (left) and Sgt. 1st Class Jason Timberlake, both of TAMC Transfusion Medicine Services.**

According to Army Lt. Col. Teresa Terry, regional blood manager and the officer in charge of the Tripler Army Medical Center Transfusion Medicine Services in Hawaii, the ASBP’s assistance in Cambodia was part of the U.S. Pacific Command Theater Security Cooperation Plan and the ASBP’s contributions towards global health engagements.

“The goal is to develop and increase blood safety capabilities and provide technical assistance to civilian and military medical personnel in Cambodia,” Terry said.

The military blood program helped design the new building with cooperation from the World Health Organization, the Australian Red Cross and the U.S. Army Corps of Engineers, Terry said. The ASBP also helped train doctors, nurses and laboratory technicians on proper blood safety techniques and principles.

“We help get the military and civilian agencies in the same room, talking and working together in terms of blood and transfusion medicine,” Terry said.

This is a new kind of relationship for the military

and civilian transfusion services in Cambodia, Terry said. The civilian blood centers provide blood products to the military; however, with the ASBP’s help, the Cambodia military will be able to store and issue their own blood products.

“We are teaching them how to work together towards the same goal,” Terry said.

“The ASBP provides a unique set of skills,” said Navy Lt. Cmdr. Frederick, Matheu, PACOM joint blood program officer. “We are the only U.S. government organization that provides and processes the skills needed to improve blood safety in partner nations.”

Indeed, the new transfusion center is a step forward for blood safety in Cambodia.

“The blood donor center will provide infrastructure necessary to safely collect, test, manufacture and issue blood products for Kampong Cham province,” Matheu said.

A second center was opened, March 3, in Siem Reap, Cambodia, and TAMC representatives will travel back to Cambodia in June to open the country’s National Blood Transfusion Center.

# FVAP.gov positively impacts OCONUS absentee voters

**FEDERAL VOTING ASSISTANCE PROGRAM**  
News Release

A new research note recently released by the Federal Voting Assistance Program (FVAP) indicates its website redesign has had a positive effect on absentee voter registration.

FVAP’s 2012 Post-Election Report to Congress stated a relationship between the use of the FVAP website and the likelihood of a military member registering and voting absentee. However, because website users may differ from non-users in ways that are relevant to voting (which could not be accounted for given the limited information in the 2012 post-election data), FVAP’s 2012 report did not claim that website use actually caused the higher rate of voting.

FVAP has since examined aspects of this relationship in its new research note and discusses the impact that the FVAP website redesign, which occurred between the 2008 and 2012 elections, had on overseas active duty military (ADM) voter participation.

During that time, FVAP redesigned its website to make it more informative with respect to state-specific laws and deadlines, and added a new interactive online assistant for completing the registration and absentee ballot request form Federal Post Card Application (FPCA) and the backup Federal Write-in Absentee Ballot.

The note provides a review of the previous research and details the data, methodology and results of the new study.

**Key findings from this research**  
The changes to the FVAP website increased the probability

that website users requested an absentee ballot or voted, compared with a projected outcome had the changes never been implemented. While other factors do affect voting behavior, the research was specifically isolated to changes based on website usage.

Website use was associated with a larger increase in the probability of casting a ballot in the 2012 election relative to the 2008 election. This suggests an increase in the effectiveness of

	Website Non-Users	Website Users
2008	51%	73%
2012	34%	73%

the website in facilitating voting between those two elections: Website changes facilitated the use of the FPCA.

The percentage of overseas ADM using FPCAs declined from 2008 to 2012. However, for overseas ADM who did not use the website, the decline in FPCA use was substantial compared to 2008.

In both 2008 and 2012, FVAP website users were much more likely to request an FPCA than non-website users.

	Website Non-Users	Website Users
2008	37%	59%
2012	12%	49%

Website use was associated with a larger increase in 2012 than in 2008 in the probability of requesting an FPCA and registering to vote. Further, large fractions of the population who used the FVAP website to request an FPCA or backup ballot in 2012 did so through the online assistant, consistent with the estimated increase in the effectiveness of the website due to these new features.

FVAP will leverage these research findings to inform its outreach efforts and continue to expand its communication and marketing approach to publicize the website and its improved functionality. Based on the estimated increase in the effectiveness of the website between 2008 and 2012, one could expect ADM participation to increase if FVAP raised awareness of its website’s features.

**IVAO and FVAP**

The research note for this article is available at [fvap.gov/uploads/FVAP/Reports/FVAP\\_RN5\\_20160107.pdf](http://fvap.gov/uploads/FVAP/Reports/FVAP_RN5_20160107.pdf).

Visit the Schofield Barracks Installation Voting Assistance Office in the Soldiers Support Center, Bldg. 750, Rm. 102, weekdays (except Thursdays), 8 a.m.-4 p.m.

For more information, call 655-5546 or FVAP at 703-588-1584 (toll free 1-800-438-VOTE/8683 or DSN 425-1584), email [vote@fvap.gov](mailto:vote@fvap.gov), or visit [www.fvap.gov/](http://www.fvap.gov/).



**Today**

**USAG-HI Town Hall** — The garrison will hold an employee town hall, 1:30-3 p.m., in Schofield’s Sgt. Smith Theater, to discuss the 2015 U.S. Army Hawaii community and garrison climate surveys results.

**Veterans** — In step with MyVA’s efforts to modernize the VA’s customer-focused, veteran-centered services capabilities, a call center has been set up for veterans experiencing ad-

verse credit reporting or debt collection resulting from inappropriately billed Choice Program claims. Call (877) 881-7618.

**Impersonation Scams** — This tax season, law enforcement is seeing enhanced efforts by criminals to scam taxpayers out of their hard-earned money by impersonating IRS and Treasury Dept. employees during unsolicited telephone calls and robo-calls. If you think you have been the victim of an IRS impersonation scam, call the Treasury Inspector General for Tax Administration at 1-800-366-4484.

**19 / Saturday**  
**Cook’s Cloak & Cover** — For the first time in 237 years, the treasured mahiole and ‘ahu ‘ula (feathered helmet and cloak) of Kalani’Ōpu’u, gifted to

Capt. James Cook in 1779, have returned together to their home islands of Hawai’i. A public viewing and a presentation of the mahiole and ‘ahu ‘ula of Kalani’Ōpu’u will be held at the Bishop Museum.

**22 / Tuesday**  
**WHM-TAMC** — The third and final Women's History Month observance takes place at Tripler Army Medical Center's Kyser Auditorium from noon ‘til 1 p.m.

**24 / Thursday**  
**Exercise!** — Schofield’s Army Health Clinic will conduct an active shooter drill during the afternoon. The clinic will remain open during drill. However, please expect an increased tempo within the clinic and immediate surrounding areas due to law enforcement response.



**Today**

**HNL Spring Break** — The Transportation Security Administration is anticipating more than 65.1 million travelers nationwide over the spring break travel season this month.

HDOT encourages passengers to give themselves enough time to arrive at the airport, park, check-in, go through a security checkpoint, shop and walk to their departing gate.

Tens of thousands of people

will travel to and from Hawaii every day, and it is recommended they allot extra time to pass through security checkpoints.

Airport passengers are encouraged to use one of the 1,800 stalls within the international parking garage.

**Sheridan & McCornack** — A road closure begins today and will continue, weekdays, 8:30 a.m.-3:30 p.m., at the intersection of Schofield’s Cadet Sheridan and McCornack Roads. McCornack won’t be accessible from Cadet Sheridan Road, but will be accessible from Hewitt Street and Collier Loop.

The work is scheduled to conclude April 11.

**19 / Saturday**  
**Electrical Outage** — The following areas on Wheeler

will experience an electrical outage from 7 a.m. to 3 p.m.:

- Langley LP housing units 502, 508, 512, 514, 516, 518, 501, 503, 505, 509, 511, 513, 515, 517, 519, 521, 523, 525 and 527.
- WilliWilli Housing, ASP area: 1003, 1004, 1006, 1008, 1009 and 1016.

The times for this outage are a best estimate.

**April**

**4 / Monday**  
**Williston Detour** — A closure on Schofield’s Williston Avenue between Cadet Sheridan Road to Reilly Avenue is scheduled to conclude today. Meanwhile, parking lots on Williston are still accessible.

Traffic is being detoured around the construction area through Cadet Sheridan, Menoher Road and Reilly Ave.



# Soldier inducted into Women’s Foundation Hall of Fame

**STAFF SGT. THOMAS G. COLLINS**  
500th Military Intelligence Brigade Public Affairs

WASHINGTON — Advocate and founder of American Women Veterans Foundation, Sgt. 1st Class Genevieve Chase, senior special agent, Company C, 301st Military Intelligence Battalion, 500th MI Brigade, was inducted into the U.S. Army Women’s Foundation Hall of Fame during its 8th Annual Summit and Reception, Tuesday, at the U.S. Capitol Visitor Center, here.

Chase was one of four inductees to cross the stage.

“It feels overwhelming, and I’m truly humbled to be recognized alongside notable Army ‘trail-blazers’ – women who paved the way so that we could serve as we do today,” Chase said. “It’s an honor I will try to live up to for the rest of my life.”

Chase was recognized for her work both in and out of uniform. Along with her sister, Warrant Officer Candidate V. Joyce Irwin, she founded the American Women Veterans (AWV) Foundation, which advocates for female veterans issues.

“When my sister and I began AWV, there was no organization representing the voice of women veterans,” explained Chase.

She continued to say that, unlike some organizations which use the image of “damaged warriors” for fundraising, the AWV focuses on empowerment.

Chase saw the need for the AWV after a 2006

combat tour in Afghanistan. While there, her vehicle was hit by a vehicle-borne improvised explosive device. The passengers survived the attack, but suffered traumatic brain injuries (TBI) and post-traumatic stress.

“I used to feel ashamed about not having died when others did, about not having lost a limb, about not having closed with and engaged our attacker,” described Chase. “I didn’t feel worthy because so many others have given so much more than I did.”

To assist in her own recovery and assist women combat veterans, Chase dedicated herself to veterans’ advocacy and telling her story.

“In sharing my story, I have found that I’m not alone,” said Chase. “There are countless others who felt and feel as I did. That in and of itself, the knowing we are not alone, is healing. It is not contrived and it’s not ‘therapy,’ rather it’s an understanding that resides within the complex nature of camaraderie – often unexplainable to people who’ve never served.”

Chase continued to explain that her story isn’t about raising awareness, but rather about leaving a legacy for those who will walk in her and other women veterans’ “bootsteps” someday.

Chase testified before the U.S. Senate Foreign Relations Committee, U.S. Senate Veterans’ Affairs Committee, and proved herself an effective advisor on legislation and policies influencing wom-



Courtesy photo

**Sgt. 1st Class Genevieve Chase poses with 1st Sgt. Gonzalo Lassally after her 2013 deployment.**

en serving in the military.

For her efforts, the Army recognized Chase as a 2010 All American Soldier Hero.

In 2013, Chase again found herself in Afghanistan.

“I felt a renewed sense of purpose and a deep and critical understanding of what it means to be in the darkest of places,” said Chase. “It helped

me better relate to not only those who are struggling with that personal war within, but those who love and care for them.”

Following her tour, the sergeant major of the Army selected Chase as a Washington, D.C., Hometown Hero.

With renewed vigor, Chase continues her work through the AWV.

“AWV has worked to raise awareness, educate and advocate on behalf of military women and veterans from the top, down – basically in the offices of Congress and the Pentagon,” said Chase. “Going forward, we will continue to do this. However, we’re also launching our AWV ‘Boots on the Ground’ initiative, where our primary focus will be developing chapters around the country with a focus on ... continuing service in our communities, honoring women veterans and empowering each other and ourselves.”

**American Women Veterans Foundation**

For more information about the AWV, visit [www.facebook.com/AmericanWomenVeterans/](http://www.facebook.com/AmericanWomenVeterans/) or the Army Women’s Foundation at [www.facebook.com/Army-Womens-Foundation-98678409553/?fref=ts](http://www.facebook.com/Army-Womens-Foundation-98678409553/?fref=ts).

# ‘Sisters in Arms’ program is part of the bigger team

**STAFF SGT. KYLE J. RICHARDSON**  
U.S. Army Pacific Public Affairs

FORT SHAFTER — U.S. Army-Pacific’s Sisters in Arms (SIA) mentorship program opened its doors to guest speaker Lt. Gen. Karen Dyson, here, March 10.

Dyson, military deputy to the assistant secretary of the Army for financial management and comptroller, is also the first female financial officer to reach the three-star general level and is one of five female Army lieutenant generals.

“My self-image as an officer, as a leader, and as I’ve come through the ranks, is unwavering,” said Dyson. “Whatever my position is, if I’m the commander, then I’m going to be the commander. I’ve never really thought of myself as being different than the commander next to me. I’ve always thought that it shouldn’t matter if I’m a man or a woman. Whoever is in charge needs to step up and be in charge.

“Growing up when I grew up, and not being super athletic, I really didn’t know what that

meant until I had some experiences in the Army to see the Army team,” she said. “Now, for those who understand that the Army is a team, you have to understand how to be a contributing member of that team.”

While leading budget analysis efforts in the Pacific region, she reached out to committee members and volunteered to speak to the SIA program.

Today’s Army is seeing multiple policy changes and opening more doors to female service members. Mentorship programs like USARPAC’s SIA address some of those problems and provide a safe environment for male and female Soldiers to come together as a cohesive team to discuss women-specific issues.

“I think the Sisters in Arms program is very rich,” said Dyson. “It’s an opportunity for women and men to come together and really explore issues of interest with regards on how women support and fit into the team.”

USARPAC’s SIA program is several months

shy of its third year. Within that time, the program has provided mentorship opportunities, discussed topics that encourage growth and development, and brought in senior leaders to talk about their paths to success. Dyson shared stories about her military career and her desires to have the same leadership opportunities as male Soldiers. Her personal stories moved one Soldier to continue her own career and strive for more.

“This is my third Sisters in Arms meeting, and I’m grateful that we have programs like this,” said Spc. Christina Campbell, budget analyst, 8th Theater Sustainment Command. “I never saw myself as someone in the military, but when I joined, I had this proud feeling that I was a part of something bigger than myself.”

Campbell said she was having doubts about staying in the Army, but after the meeting, she felt more confident that the Army was right for her.

“I was just amazed when she spoke today,”

said Campbell. “I thought to myself, maybe there was a reason I was supposed to be here today. Maybe I’m supposed to stay in and become a mentor that inspires future leaders.”

Audience members asked Dyson a few questions. At the end of the meeting, she left them all with something to think about.

“No matter what you’re doing, it could have been the best thing that you have ever done, but it’s not going to last forever. It could have been the most challenging thing that you have ever done, but it’s not going to last forever,” she said.

“You have to take away from each experience what you can learn and then, you have to keep looking forward,” she continued. “The Army is changing and the Army will always go through changes. Each generation brings on new challenges, so each person has to keep themselves focused on the goals that they have created but at the same time, remember there’s a team out there that has your back.”



# Battery Randolph



Above photos courtesy of U.S. Army

- 1) Soldiers of Battery "A," 16th Coast Artillery, pose with their 14-inch coastal defense gun at Fort DeRussy's Randolph Battery on Dec. 7, 1931.
- 2) The rededicated and rebuilt Battery Randolph parapet is shown as it now looks.
- 3) Gen. Eric Shinseki (left), retired Army Chief of Staff, attends the dedication and shares time with Dr. Lawrence Tseu, a former Airman, following the unveiling of the plaque dedicating the parapet in the memory of Tseu's late wife.

Photo by Christine Cabalo, Oahu Publications

## Army leaders gather, rededicate a historic gun mount

**CHRISTINE CABALO**  
Staff Writer

HONOLULU — Leaders targeted honoring history by officially dedicating a rebuilt parapet for Battery Randolph at the U.S. Army Museum of Hawaii at Fort DeRussy, here, Tuesday.

Army Reservists from the 284th and the 302rd Engineering Companies constructed the parapet, side room and additional deck space for the museum in 2010. The project added 7,200 square feet to the museum for more exhibit space while visitor admission remains free.

The area mimics the look of the structure when it was Battery Randolph in 1911 with two mounted 14-inch guns for coastal defense.

"This wonderful addition enhances the museum's mission of telling the history of the U.S. Army in the Pacific," said Col. Richard Fromm, commander, U.S. Army Garrison-Hawaii. "It also underscores the importance of the tremendous support we receive from our local community members, for which we are infinitely grateful."

Crews recently installed the commemorative plaque for the space and hosted the dedication ceremony with several prominent speakers. Among them were Fromm and retired Gen. David Bramlett who is now the president of the Hawaii Army Museum Society.

The audience also heard from the main financial contributor to the project, Dr. Lawrence Tseu and retired Gen. Eric Shinseki, former Army Chief of Staff.

### Hawaii's Own

Shinseki is featured at the museum in his own exhibit chronicling not only his time as the Army Chief of Staff and later the Veterans Affairs secretary but his childhood days. He thanked the active duty Soldiers in the crowd



Photo by Christine Cabalo, Oahu Publications

**David Bramlett, Hawaii Army Museum Society president and a retired general, speaks to the crowd about the significance of the new plaque and parapet dedicated March 15. Among the guests were retired Gen. Eric Shinseki, former Secretary of Veterans Affairs, and Dr. Lawrence Tseu, who funded the project to rebuild the parapet.**

for their service. He said the museum is a vital place for visitors and residents to learn more about Army history in Hawaii.

"As part of my professional development, I've walked through many old battlefields," Shinseki said. "It's important to understand what worked, what didn't and how not to repeat mistakes of the past."

Since the parapet was completed, several Soldiers have toured the area to learn about Battery Randolph, its mission to defend Pearl Harbor and how the museum formed in 1976.

Tseu's donation of more than \$250,000 helped provide funding for the Shinseki exhibit and the rebuilding of the parapet.

The unveiled plaque describes the importance of the area and dedicates it to Tseu's late wife, Bo Hing Chan Tseu.

Fromm spoke about Tseu's family history of military service in addition to Tseu's career as a dentist and former Airman. Each of his brothers joined a different branch of armed service following in the footsteps of their father.

"His father volunteered at the age of 17 to enlist in the U.S. Army during World War I, eventually serving in seven major battle campaigns and receiving three Purple Hearts for being wounded in action," Fromm said.

The parapet is a static display as the muse-

um continually gathers new items and information for changing exhibits. Among the exhibits currently on display is "America's Secret Weapon: Japanese Americans in the Military Intelligence Service."

With the additional top deck and extension, the museum will have more room to tell the Army story, said Vicki Olson, the executive director of the Hawaii Army Museum Society.

"This additional gallery space means we can have a future (Overseas Contingency Operations) exhibit," Olson said. "Before we didn't have any room to expand past Vietnam. It was critical to get that space, and now we can."

The community has continued their support of the new space by donating additional necessities. A projector, screen and sound system were donated through the Universal Values for a Democratic Society-Nissei Veterans Endowed Forum Series College of Arts and Science, University of Hawaii. Olson said the donations have enabled the museum to host classes to Junior ROTC units and meetings for engineers.

"Ever since we built this faculty, it's been in heavy use," she said. "It just goes to show the need we had for it. It was great to be able to rebuild what was originally here."

### U.S. Army Museum of Hawaii

Visit the U.S. Army Museum of Hawaii at Fort DeRussy, at 2161 Kalia Road, in Waikiki.

It's open Tuesday through Saturday, 9 a.m. to 4:15 p.m., with free admission, but donations are accepted.

Parking is validated through Fort DeRussy parking facilities.

For more information, see [www.hiarmymuseum.soc.org/](http://www.hiarmymuseum.soc.org/).



The Army Museum of Hawaii, located in Fort DeRussy's Battery Randolph, in the heart of Waikiki, is a 19th Century U.S. Army coastal defense gun battery that once served as a first line of defense against enemy attack on Oahu's southern shore.



The museum is located at the corner of Kalia and Saratoga Roads, in beautiful Waikiki, easily within walking distance of all resort hotels and visitor accommodations. The physical address is 2131 Kalia Road, Fort DeRussy, in Waikiki.



Photos courtesy of the U.S. Army Museum of Hawaii

Established in 1976, the U.S. Army Museum of Hawaii is one of approximately 64 museums owned and operated by the U.S. Army. The museum is free and open to the public, 9 a.m.-4:15 p.m., Tuesdays through Saturdays, closed Sundays, Mondays.



## Briefs

### Today

**Kolekole 10K Run Registration** — Sign up now for this race at SB Leaders Field on March 26 at 7 a.m. The deadline is March 22 to guarantee a T-shirt. This event is open to all military ID cardholders and sponsored guests, runners, walkers, strollers and youth participants. Children not in a stroller must be registered. No animals. Registration is nonrefundable. Visit [www.HiMWR.com](http://www.HiMWR.com). Call 655-8789.

**19 / Saturday**  
**Stand Up Paddle-Boarding and Kayak Adventure** — Join Outdoor Recreation for a cruise on the Anahulu River on the North Shore of Oahu and other beaches around the island. Don't know how to stand up paddle or kayak? ODR can teach you.  
Transportation (up to 12 people), equipment and instructions provided. Personal flotation devices are required. Bring water, snacks and sunscreen; cost is \$59 per person. For questions or registration, call 655-0143.

**20 / Sunday**  
**Pottery, Quilting and Sewing** — Join Arts & Crafts every Sunday at 11 a.m. and create beautiful works of art. Visit the center at 919 Humphreys Road, Bldg. 572. Call 655-4202.

**Sunday Brunch** — Savor roasted prime rib with a peppercorn and garlic crust, along with exquisite dishes infused from the Pacific Rim, Asia and Hawaii Nouveau at the FS Hale Ikena. Groups and large parties are welcome.  
Meal is served from 10 a.m.-1 p.m., and reservations are recommended. Adults are \$24.95 and children's prices are available. Call 438-1974.

**21 / Monday**  
**Million Dollar Soldier Refresher Training** — This SB ACS workshop, 8:30-11:30 a.m., focuses on basic financial skills to help develop self-reliance and personal responsibility. The goal is to encourage Soldiers and families to understand their personal finances and learn tools. Call 655-4227.

## community Calendar

Send announcements a week prior to publication to [community@hawaiiarmyweekly.com](mailto:community@hawaiiarmyweekly.com).

**Today**  
**Easter Bunny Photo Opp** — The Schofield Exchange will host the Easter bunny for daily photo opportunities, 10 a.m.-7 p.m., now through March 26. Call 422-8708 or visit [www.poahawaii.com](http://www.poahawaii.com). Also, Schofield Food Court will host lunch with Easter bunny, 11:30-12:30, March 19. Event will include games and bingo.

**Hickam Main Store** — New hours begin, effective today, as follows: Friday and Saturday, 10 a.m.-7 p.m., and Sunday-Thursday, 10 a.m.-6 p.m.

**Discount** — Shoppers who use their new Military Star Card for the first time from March 18-24 will receive a 15 percent discount on all purchases instead of the standard 10 percent discount that is regularly offered.

**19 / Saturday**  
**Kolekole** — The walking-hiking trail is closed the next two weekends, March 19-20 and 26-27, due to live-fire training and special events.  
**Kapolei Commons Easter Egg Hunt** — Annual free family event, 10

AT TRIPLER ARMY MEDICAL CENTER

# WOMEN'S HISTORY MONTH

**WORKING TO FORM A MORE PERFECT UNION:  
HONORING WOMEN IN PUBLIC SERVICE AND GOVERNMENT**

SCAN AND VIEW MOMENTS IN HISTORY

22 March 2016  
@ Kyser Auditorium 1200 - 1300

**Play Mornings at HMR Chapel** — Meet other moms and dads, share information and parenting tips and give your child a chance to interact with other children in a safe, structured environment, 10-11 a.m. For more information or to register, call 655-4227.

**Mongolian BBQ** — Join SB Kolekole Bar & Grill, Mondays, for Mongolian barbecue, 5-8 p.m. Select your favorite meat and vegetables and have it grilled your way at only 65-cents per ounce. Call 655-0660.

**22 / Tuesday**  
**Mexican Cuisine Lunch Buffet** — Tuesday buffet, 11 a.m.-1 p.m., at FS Hale Ikena. Features beef tacos w/fixings, chicken fajitas, Spanish rice, refried beans, buttered corn, soup and salad for \$10.95. Call 438-1974.

a.m.-1 p.m., features over 8,000 eggs, photos with Easter bunny, face painting, glitter tattoos, twisty balloons and carnival games. Egg hunt registration begins at 9:30 a.m. with five age groups for kids ages 2-10.

**The Great Gun Show** — The Hawaii Historic Arms Association hosts this two-day event, Saturday, 10 a.m.-6 p.m., and Sunday, 10 a.m.-5 p.m., at the NBC Exhibition Hall. Admission is \$6, and children under 11 free with a paid adult.

**Bishop Museum** — Bishop Museum's upcoming original exhibit "Lele O Nā Manu: Hawaiian Forest Birds" opens March 19 with free admission to military members (with ID) and kama'aina on opening day.  
Designed for all ages and to educate the public about the rich and diverse natural history of native Hawaiian forest birds, their pre-eminence in traditional Hawaiian culture, their direct connection to the health of native forests and their dire need for their conservation. Visit [www.bishopmuseum.org](http://www.bishopmuseum.org).

**Schofield Food Truck Spring Bazaar** — Schofield Mall hosts, 10 a.m.-2 p.m., outside the mall. Includes shaved ice, hot dogs, local foods and more.

**21 / Monday**  
**Navy Entertainment** — Club Pearl will host Brothers Osborne, 7:30

**Taco Tuesday** — Every Tuesday night, SB Kolekole Bar & Grill features three tacos, rice and beans dinner for only \$4.99 at 1249 Kolekole Ave. Call 655-4466.

**24 / Thursday**  
**Mom & Tots** — SB Arts & Crafts helps parents create a memorable creative project with their child, 10-11 a.m. In celebration of Craft Month, Arts & Crafts will be holding a two-for-one special, every Thursday in March. Cost is \$5 per parent/child pair at 919 Humphreys Road, Bldg. 572. Call 655-4202.

**26 / Saturday**  
**Fun Fest** — Annual event features pony rides, bunny pictures, food trucks, games and activities, 9 a.m.-2 p.m., SB Weyand Field. Also featured are the LTS Travel Fair and

an environmental festival. Egg hunts held for ages 2-4, 5-8 and 9-12 years of age. Call 655-0111 or visit [HiMWR.com](http://HiMWR.com).

**April**  
**1 / Friday**  
**Command Scramble Golf** — Monthly event cost is \$50 per player, and price includes green/cart fee, free driving range balls, door prizes, flight prizes, pupus and two Mulligans per player. Contact Leilehua Golf Course at 655-4653 to register.  
Registration will also be held on the day of the event, unless the event is already sold out. Upcoming scramble dates are April 1, May 6, June 3 at Leilehua Golf Course, 199 Leilehua Road, Wahiawa.

**Recruiting Fair** — Naval Facilities Engineering Command Pacific is hosting a recruiting fair at the Navy Service Center in the Moanalua Shopping Center from 10 a.m.-2 p.m., March 24. NAVFAC is seeking civilian employees for hundreds of opportunities in professional, administrative and trade positions on Guam, Japan, Korea, Singapore, Diego Garcia and Hawaii. The fair will be held in Bldg. 4827, Room 262. Call 472-1008.

**25 / Friday**  
**Native Hawaiian Concert Series** — Leilehua Golf Course hosts the monthly series, 6 p.m., on the final Friday of the month. Come to "The Grill" at Leilehua Golf Course for this free event; open to the public. Food and drinks are available for purchase. (Military ID is not required.) Call 656-0114.

**26 / Saturday**  
**Easter Egg Hunt** — SB Popeye's and Burger King host, 2-4 p.m., carnival, egg hunt, games, coloring contest and prize giveaway. Call 655-6211.

**Sunset Mele on the Rooftop** — Residents and visitors alike are invited to the Hawaii Convention Center, beginning at 4:30 p.m., and enjoy an evening of entertainment. April's edition features live performances by John Feary & Friends, along with an

See EVENTS B-7

## worship Services

Additional religious services, children's programs, educational services and contact information can be found at [www.garrison.hawaii.army.mil](http://www.garrison.hawaii.army.mil). (Click on "Religious Support Office" under the "Directorates and Support Staff" menu.)

- AMR: Aliamanu Chapel
- FD: Fort DeRussy Chapel
- HMR: Helemano Chapel
- MPC: Main Post Chapel, Schofield Barracks
- PH: Aloha Jewish Chapel, Pearl Harbor
- SC: Soldiers' Chapel, Schofield Barracks
- TAMC: Tripler Army Medical Center Chapel
- WAAF: Wheeler Army Airfield Chapel

**Buddhist Services**  
•First Sunday, 1 p.m. at FD  
•Fourth Sunday, 1 p.m. at MPC Annex

**Catholic Mass**  
•Thursday, 9 a.m. at AMR  
•Saturday, 5 p.m. at TAMC, WAAF  
•Sunday services:  
- 8:30 a.m. at AMR  
- 10:30 a.m. at MPC Annex  
- 11 a.m. at TAMC  
•Monday-Friday, 11:45 a.m. at Soldiers' Chapel and 12 p.m., TAMC

**Gospel Worship**  
•Sunday, noon. at MPC  
•Sunday, 12:30 p.m. at AMR

**Islamic Prayers and Study**  
•Friday, 1 p.m. at MPC Annex  
•Friday, 2:30 p.m., TAMC  
•Saturday and Sunday, 5:30 a.m.; 6, 7 and 8 p.m. at MPC Annex

**Jewish Shabbat (Sabbath)**  
•Friday, 7:30 p.m. at PH

**Pagan (Wicca)**  
•Friday, 7 p.m. at Wheeler Annex

**Protestant Worship**  
•Sunday Services  
- 9 a.m. at MPC  
- 9 a.m., at FD, TAMC chapel  
- 10 a.m. at HMR  
- 10:30 a.m. at AMR  
- 11:30 a.m. at WAAF (Spanish language)  
- 11 a.m. at SC (Contemporary)  
**Liturgical (Lutheran/Anglican)**  
•Sunday, 10 a.m. at WAAF

This Week at the

# MOVIES

Sgt. Smith Theater

Temporarily closed for maintenance

Call 624-2585 for movie listings or go to [aaes.com](http://aaes.com) under reeltime movie listing.

**Schofield Barracks' Sgt. Smith Theater remains closed for Directorate of Public Works maintenance work.**

**A reopening date for movie viewing has not been finalized.**

**Call Schofield Exchange at 237-4502/4572.**

This Week at the

# MOVIES

Sgt. Smith Theater

<b>Calendar abbreviations</b> 8th TSC: 8th Theater Sustainment Command 25th ID: 25th Infantry Division ACS: Army Community Service AFAP: Army Family Action Plan AFTB: Army Family Team Building AMR: Aliamanu Military Reservation	ASYMCA: Armed Services YMCA BCT: Brigade Combat Team BSB: Brigade Support Battalion Co.: Company CYSS: Child, Youth and School Services EFMP: Exceptional Family Member Program FMWR: Family and Morale, Welfare and	Recreation FRG: Family Readiness Group FS: Fort Shafter HMR: Helemano Military Reservation IPC: Island Palm Communities PFC: Physical Fitness Center SB: Schofield Barracks	SKIES: Schools of Knowledge, Inspiration, Exploration and Skills TAMC: Tripler Army Medical Center USAG-HI: U.S. Army Garrison-Hawaii USARPAC: U.S. Army-Pacific WAAF: Wheeler Army Airfield
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# Service members advised to begin PCS preparation

**MILITARY SURFACE DEPLOYMENT AND DISTRIBUTION COMMAND  
PUBLIC AFFAIRS**  
Army News Service

SCOTT AIR FORCE BASE, Ill. — Every year, the Military Surface Deployment and Distribution Command (SDDC) provides oversight to nearly half a million personal property moves and 70,000 privately owned vehicle (POV) shipments for service members, federal employees and their family members.

About half of those moves occur during the mid-May through August timeframe, known as the "peak season" for moves.

Mid-March is a strategically appropriate time for the command to educate and inform customers about how the household goods (HHGs) and POV shipment process works. The goal of a permanent change of station, or PCS, week is to provide customers with actionable information that will make their peak season moving experience as smooth and efficient as possible.

"Our goal is to provide valuable information, tips and resources related to the shipment of household goods and privately owned vehicles throughout PCS week," said Lt. Col. Todd Jensen, SDDC's director of Personal Property. "We know that a permanent change of station move can be very stressful, but armed with the right information, your PCS can be a successful one."

The Personal Property Directorate is the Defense Department's program manager and administrator for the Defense Personal Property Program, or DP3, which oversees both HHGs and POV shipment programs. Customers interact through three Web-based resources: [www.Move.mil](http://www.Move.mil), [www.PCSMyPOV.com](http://www.PCSMyPOV.com) and the Defense Personal Property System or DPS.

### Household goods shipments

The best way to ensure a positive HHG moving experience is to start the process early, even before a service member receives orders,



File photo

**Every three to five years, military personnel typically have to make a PCS move.**

by creating or reactivating your DPS account through [www.Move.mil](http://www.Move.mil).

Aside from being the system of move execution, the site contains important information, to include links to the downloadable "It's Your Move" and "Shipping Your POV" pamphlets. You will also find contact information to improve your moving experience.

"DPS accounts can be created as soon as customers learn they are due to move," said Jensen. "That's the first step in the process, and the earlier you are in the system, the more familiar you will be with DPS once you are executing your move."

In addition to DPS, local Traffic Management or Installation Transportation Offices are also available to provide expert help for HHGs or POV shipping. If these installation-based

traffic management experts cannot answer questions directly, they have contact information for the next level of support, regardless of the issue.

Once PCS orders are received, customers should immediately submit their move request in DPS. Once members submit their counseling application through DPS, they must provide a copy of their orders and a signed shipment application (DD Form 1299) to the Installation Transportation Office in order to complete the mandatory self-counseling process.

SDDC recommends having more than one pack date in mind when submitting proposed move dates; being flexible during this phase is extremely important. Due to the nature of the peak move season and the potential for limited

moving company availability, some installations may require 21 days of advance notice. Having alternate dates can help you avoid unnecessary changes in travel plans and expensive travel purchases.

Requested pick-up and delivery dates are not confirmed until the service member and commercial carrier mutually agree on them. Pack, pick-up and delivery dates are normally scheduled on weekdays, and the service member or designated representative must normally be available between 8 a.m. and 5 p.m. on those days.

"It's important to start early, be flexible and ask questions early and throughout the process," said Daniel Martinez, SDDC's Personal Property Business Processes Division Chief.

*(Editor's note: Read the rest of this article at [www.hawaiiarmyweekly.com](http://www.hawaiiarmyweekly.com).)*

### Points of Contact

The best way to ensure a positive HHGs moving experience is to start the process early, even before a service member receives orders, by creating or reactivating your DPS account through [www.Move.mil](http://www.Move.mil).

Detailed information about recalls, vehicle preparation, paperwork requirements and other critical information can be found at [www.PCSMyPOV.mil](http://www.PCSMyPOV.mil) or at your local traffic management or transportation office. Customers can also call the International Auto Logistics Call Center (toll free) at (855) 389-9499.

Follow tips provided during PCS Week and from your local transportation office, as well as become familiar with the information available at [www.Move.mil](http://www.Move.mil).

Follow the SDDC during PCS Week (March 14-18) at [www.sddc.army.mil](http://www.sddc.army.mil), [www.facebook.com/HQSDDC/](https://www.facebook.com/HQSDDC/) and [www.twitter.com/HQSDDC](https://www.twitter.com/HQSDDC).



# Upcoming USAG-HI Easter service schedule detailed

**RELIGIOUS SUPPORT OFFICE**  
U.S. Army Garrison-Hawaii  
The Religious Support Office has announced the following Easter celebrations. The community is invited to participate.

### PROTESTANT

**March 20**, 6:30 p.m., Sounds of the Crucifixion Drama at Aliamanu Military Reservation Chapel.

**March 25**  
•5:30 p.m., Protestant Good Friday Service at Main Post Chapel, Schofield Barracks.  
•7 p.m., Protestant Good Friday Tenebrae Service at AMR Chapel.  
•7 p.m., Protestant Good Friday Service at Wheeler Chapel.

**March 27**  
•6:15 a.m., Easter Sunrise Service at Weyand Field, Schofield.  
•6:30 a.m., Easter Sunrise Service at USS Missouri, Pearl Harbor.

### CATHOLIC

**March 18**  
•5:30 p.m. at AMR Chapel & Wheeler Chapel, Stations of the Cross.  
Each Friday during Lent, with potluck, meatless dinner.  
•After 5 p.m., Mass, and during Adoration, until 6:15 p.m.

**March 19**, 4 p.m., Confessions at Soldiers Chapel (Schofield) & Wheeler Chapel, prior to 5 p.m. Mass.

**March 19 & 20**, Palm Sunday Mass.  
**March 24**  
•7 p.m., Holy Thursday Mass, at Wheeler Chapel. Adoration after Mass until 9:30 p.m.  
•6 p.m., Holy Thursday Mass, at AMR. Adoration after Mass until midnight.

**March 25**  
•3 p.m., Good Friday Service at Main Post Chapel, Schofield.  
•5 p.m., Good Friday Service at AMR Chapel.

**March 26**, 7:30 p.m., Easter Vigil Mass, at MPC. (No 5 p.m. Saturday Mass at Wheeler.)

**March 27**  
•8:30 a.m., Easter Sunday Mass, at AMR Chapel.  
•10:30 a.m., Easter Sunday Mass at MPC, Schofield.

**April 3**, 3 p.m., Divine Mercy Devotion, at Wheeler Chapel & AMR Chapel, with confessions afterwards.

**April 15**, 6 p.m., Confirmation Mass with Bishop Buckon, at MPC, Schofield.

**April 16**, 5 p.m., North Area First Communion Mass, at MPC, Schofield. (No 5 p.m. Mass at Wheeler.)

**April 30**, 5 p.m., South Area First Communion Mass, at AMR Chapel.



# New apps can help safeguard children’s online habits

**JASON KUTTNER**  
Army News Service

Parenting an adolescent has never been easy, and keeping up with the technology that your children are using complicates parenting considerably.

Children today are technology natives, having grown up with computers, smart phones and other smart technologies. They are increasingly much more tech savvy than their parents.

While this creates numerous opportunities for young people in ways that older generations may not yet be able to even imagine, it also creates some considerable hazards that are important for parents to be aware of.

Ask any adolescent and they will tell you most bullying happens online. Numerous objectionable, unethical and illegal behaviors, including exposure to and producing sexually explicit content online, are happening just under their parents' watch and outside of their parents' awareness.

There have been numerous cases of children being emotionally damaged due to online bullying and harassment. Adolescents have been prosecuted for producing and distributing child pornography. In extreme cases, adolescents have attempted suicide due to online bullying and sexual blackmail. And, predators are known to impersonate minors, stalk and lure their victims online.

**So what is a parent to do?**

Talk to your children about what they are doing online, and educate yourself about the sites and apps that your children may be using.

Here is a brief introductory guide to some of the apps that adults and other children may be using to bully, prey on, harass and exploit your child. And keep in mind, there are thousands of other apps out there, with more being developed and popularized all of the time.

**Messaging apps**  
Here are the most common:

- **Facebook Messenger, rated 4+** (i.e., rated safe for 4 years old and up).
- **What's App** (popular in U.S. and Europe), **rated 4+.**

**Social networking and microblogging apps**

- **Facebook, rated 4+:** Many teens are moving away from Facebook as it gets more popular with their parents and grandparents, but many still use it of course, and it is still the most popular social media site. Your child most likely keeps a profile on Facebook and at the same time is much more active on other social media sites.
- **Twitter, rated 4+:** An extremely popular micro-blogging site. Twitter can contain inappropriate links, images and videos that can be shared privately or with groups. It is frequently used for cyber-bullying.
- **Yik Yak, rated 17+:** The producers of the app call it "the anonymous social wall for anything and everything." All users are anonymous. Posts can be used to spread gossip and rumors, and there have been some publicized cases of teens using it to make threats against their schools.

**Photo/video sharing apps**

- **Snapchat, Rated 12+:** Snapchat is an app that allows users to send photos and videos that disappear from view within 10 seconds of being received. Some children use the app to send racy or sexually explicit selfies thinking that the images cannot be saved and shared. Users can take a screenshot of the photos and keep them and share with others as they choose.
- **Instagram, Rated 12+:** Photo-sharing site. Trolling is common, as is some inappropriate content. Many users are casual about their privacy settings connecting with people they don't know in any other context.
- **Vine, Rated 17+:** App that allows users to shoot and share

short videos of 6 seconds or less. Basic searching pulls up all sorts of age inappropriate content.

**Icon-hiding apps**

Photo privacy apps can be used to hide questionable apps, illicit photos and violent games beneath innocent-looking calculator app icons or under a decoy photo collection.

- 1) Sit down with your child and find out which apps he or she is using, learn how they work and ask whether or not he or she has experienced any issues such as cyberbullying or contact from strangers.
- 2) You can set age limits on your child's device so that they cannot lie about their age when downloading an app that is rated for an older age.
- 3) Make a rule that your child must ask permission before downloading any apps, just so that you are aware of them. When they join a new social media site, go through the security settings to choose the ones you are most comfortable with.
- 4) Advise your child not to share his/her passwords with anyone.
- 5) Have regular conversations with your children and encourage them to talk with you about their lives and their online behavior. Let them know that they can talk to you if they are being cyberbullied, harassed or otherwise made to feel uncomfortable by someone online, even if that person is acting anonymously.

**More Support**

If you have concerns about your teen, ASACS, or the Adolescent Support and Counseling Service, is designed to help. ASACS provides confidential counseling to adolescents and families for a variety of issues and concerns that young people and their families face today. For ASACS support, call 655-9944.

## Best tapes now found in DVD bargain bins

Somewhere in our basement is a box of VHS tapes, relics saved from the days when our kids loved “The Aristocats,” “Toy Story,” “Spot” and “Barney.”

Their sticky little hands could pop those clunky tapes into the TV/VCR combo without needing mom’s help, well, as long as there wasn’t a waffle or a Barbie shoe in the VCR already.

If we let them, they’d watch one after the other – “Pocahontas,” “The Great Mouse Detective,” “Sesame Street Sing-a-long” and “Babe” – leaving the tapes lying about unwound and out of their crunched jackets. But we limited the kids’ TV time, only allowing movie marathons when they were sick.

Even so, it was alarming how much the kids memorized. Anna could perform a perfectly accurate, but off-key, version of “A Whole New World,” and Lilly spoke flawless Swahili when belting out “Hakuna Matata.” And our oldest, Hayden, who was diagnosed with autism, could repeat entire 30-minute Arthur scripts even though he had a se-



vere language delay.

These movies had even seeped into our adult psyches, at times rendering us babbling fools instead of responsible parents. We would catch ourselves singing “... Barney can be your friend, too, if you just make believe him!” in the shower, or mumbling “Dora, Dora, Dora the explorer ...” while waiting in the carpool line.

By the time Hayden reached fifth grade, the VHS tapes had been watched dozens and dozens of times. The words and tunes were forever burned into our brains, and our VCR was nearly burned out. It was time for us to move on.

We decided to introduce our kids to real movies: movies with real people and real stories that would teach them real-life lessons.

One rainy afternoon, we found all the 80s classics from our childhood in a discount DVD bin at the mall: “Karate Kid,” “Pretty in Pink,” “Ferris Bueller’s Day Off,” “Footloose,” “Sixteen Candles” and “The Breakfast Club.”

At home, we lined the kids up on the couch: Hayden, 12, who was frankly still happy watching Jimmy Neutron; Anna, who was 10 going on 25; and Lilly, who at 8, was still too distracted by her Polly Pockets to care.

As if we were passing down the ancient wisdom of their elders, we explained why the 80s movies they were about to see weren’t just entertainment, they were a visual manifesto for teen angst and adolescent rebellion.

Without computers and Internet access, we were trapped in the bubble of our high schools and hometowns. Music, television and movies were our only escape. Seeing our frustrations and dreams played out by actors like Andrew McCarthy, Molly Ringwald and Ralph Macchio was liberating and connected

us to teenagers across our nation, and the world.

“I’m hungry!” Hayden whined.

“I wanna watch the one with the cute boy on the front,” Anna demanded.

“Scuse me,” Lilly giggled, apparently having expelled some form of gas.

We were losing them, so we quickly loaded “The Breakfast Club” into the DVD player.

Having not seen the film in a while, we forgot some minor details. We certainly remembered the inspiring story of five stereotypical high school students who entered detention with nothing in common, and left eight hours later with a new understanding of themselves and each other.

But we completely forgot about those same kids smoking pot together, cussing, making out in the janitor’s closet and admitting to drinking alcohol, compulsive lying and nymphomania. Oh, and the “R” rating. Whoopsie!

Thankfully, Hayden had fallen asleep, and Lilly was on the floor with her dolls. Only Anna had watched the whole movie, and she had her head buried deep in the couch cushions.

After prying Anna from the couch and drying her tears, we learned that, despite her insistence that she was “not a little girl anymore,” her innocent brain was not ready for teenage reality.

We went back to our tattered VHS tapes for the next few years, repeating the same lines and humming the tunes we knew so well. Anna eventually gave “The Breakfast Club” another try. And now as a senior in high school, it is, ironically, her all-time favorite flick.

Whether a movie wins an Oscar or ends up in the bargain bin at the mall, it’s our life experiences that connect us to the characters and allow us to appreciate their stories. There’s no need to go to the box office, because the Best Picture may just be in a box in the basement.

*(Editor’s note: More samples of Molinari’s insights into military life and parenthood can be found on her website at [www.themeatandpotatoesoflife.com](http://www.themeatandpotatoesoflife.com).)*



Photo courtesy of Lisa Smith Molinari

**When the author introduces her children to her favorite movies of the '80s on VHS, she encounters mixed results.**



Artwork submitted by Nathan Prestidge, 4th grader.



# New attention focuses on head, neck combat casualty care

**BORDEN INSTITUTE**  
Army News Service

WASHINGTON — More than 7,000 U.S. service members sustained head and neck wounds during Operation Iraqi Freedom and Operation Enduring Freedom, twice the incidence of these injures seen in previous conflicts.

Surgeons who treated these injuries have collaborated to produce the latest volume of Borden Institute’s Textbook of Military Medicine series, with the intent to describe treatments employed and lessons learned in addressing these devastating injuries, conveying the latest advances in combat medicine to both military and civilian providers.

The textbook’s 48 chapters begin by addressing demographics of head and neck injuries, preventive measures, mechanisms of injury, the provider team, pathophysiology, trauma assessment, airway and hemorrhage management, and triage and evacuation.

Separate sections then cover acute and delayed management, with chapters on soft tissue, cranial nerve, otologic, midface, sinus, mandibular, laryngotracheal, pharyngoesophageal, and vestibular trauma and repair.

The final section focuses on issues in the deployed setting and advances developed during these operations.

Most of the chapters include illustrated case studies documenting patients’ injuries, stages of treatment and outcomes.

Otolaryngology/Head and Neck Surgery Combat Casualty Care can be ordered through the Borden website and will soon be available on the site in pdf and ebook formats.

The Borden Institute was established in 1987 at the Walter Reed Army Medical Center in Washington, D.C., to foster and promote excellence in military academic medicine through the development and publication of military medical scholarship.

**The Borden Institute**

The Institute is an agency of the U.S. Army Medical Department Center and School, Health Readiness Center of Excellence, and it’s based at Fort Sam Houston, Texas, with an office at Fort Detrick, Md. Get more details at [www.cs.amedd.army.mil/borden](http://www.cs.amedd.army.mil/borden).




Photo by Staff Sgt. Carlos Davis, 2nd Brigade Combat Team Public Affairs, 25th Infantry Division

**SCHOFIELD BARRACKS — Expert Infantry Badge candidate, 1st Lt. Robert Doyle, an infantry officer assigned to 1st Battalion, 21st Infantry Regiment, 2nd Brigade Combat Team, 25th Infantry Division, performs first aid on a simulated casualty during the 25th ID’s EIB training at Watts Field, here. The latest section of the Borden Institute's Textbook of Military Medicine series covers techniques on avoiding neck injuries during combat triage.**

# Tripler’s Brain Injury Clinic provides clients outpatient care

**EMILY YEH**  
Tripler Army Medical Center Public Affairs

HONOLULU — The month of March is Brain Injury Awareness Month and Tripler Army Medical Center’s Brain Injury Clinic has resources available for beneficiaries who suffer from brain injuries.

TAMC’s Brain Injury Clinic provides beneficiaries outpatient care focusing on education, consultation, rehabilitation, case management and behavioral health support. The clinic also offers limited-stay inpatient consultation to those who qualify.

**Defining brain injuries**

A brain injury can happen when any individual is struck, jarred or hit on the head hard enough that he loses consciousness, feels dazed or becomes disoriented. Brain injuries can happen anywhere, to anyone, and are not just combat-related.

In 2010, the Centers for Disease Control and Prevention reported 1.3 million people in the United States visited an emergency department with a brain injury diagnosis as an outcome.

According to Dr. Michael King, clinical neuropsychologist, TAMC Brain Injury Clinic,

“Brain injuries are classified according to their severity, usually based on how long the person was unconscious or disoriented after the injury.

“The majority of brain injuries involve less than 30 minutes of unconsciousness and less than 24 hours of disorientation. Moderate and severe injuries involve longer periods of unconsciousness and usually have more severe or debilitating consequences than mild injuries, up to and including death,” added King.

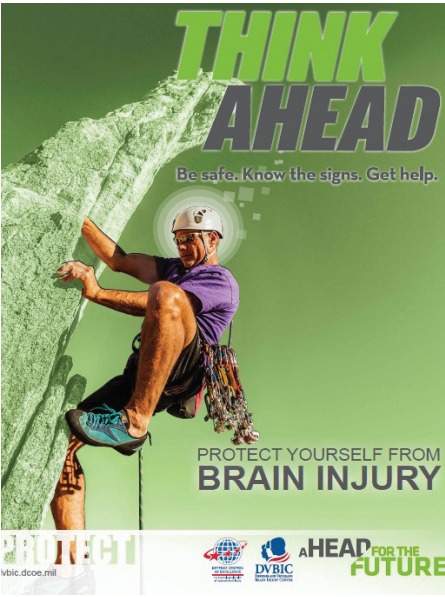
**Brain injuries in the military**

Between the years 2000 to 2015, the Defense and Veteran’s Brain Injury Center (DVBIC) reported that approximately 340,000 people in the armed forces suffered a traumatic brain injury. The majority of those injuries were considered mild in severity.

“For the past several years, the Department of Defense (DoD) and all branches of the armed forces have been very concerned about the impact of brain injury both on mission readiness and on the lives of individual service members and their families,” stated Dr. Greg Johnson, chief, TAMC Brain Injury Clinic.

“DoD has committed a great deal of time, energy and funding to improve education

about brain injury, prevention, treatment and rehabilitation for those who suffer from a brain injury. The DoD has also invested in research to find better ways of understanding brain injury and its effects, as well as improving treat-



ment and rehabilitation of service members with a brain injury,” added Johnson.


Never take a brain injury, even a mild one, lightly. Seek medical care immediately, so medical personnel can rule out any dangerous warning signs and help patients understand how fast they can return to normal activity.

At TAMC’s Brain Injury Clinic, a multidisciplinary team of specialists work with patients to improve memory, thinking, hearing, balance, emotional changes, sleep, vision and to relieve headaches with the goal of improving function and reducing symptoms.

“Most brain injuries are of mild severity, and most people will recover fully from them within a couple of days with proper care,” stated Johnson. “A brief period of rest followed by gradual resumption of normal activities is usually the best care strategy. Follow the advice of your health care provider.”

**More Online**

For more information about brain injuries in the military, visit <http://dvbic.dcoe.mil>.





# Heart attack survivor recalls ordeal, offers insights

**RJ DYRDEK**  
Army News Service

So here I am, 55 years old and never smoked anything in my life.

I have been an avid weight lifter, and I run all the time – about five days a week. I never take medicine; I don't like all the side effects.

I might drink a few beers or have a little bourbon, but only on the weekends, never during the week. And I am definitely a gym rat. I did the Derby Half Marathon (in Kentucky) last year.

I visit the Army Wellness team – who, by the way, are great – for a little weight and blood pressure maintenance advice because I might be 5-10 pounds overweight, at points, in the year. My point is, I have been trying very hard to be healthy.

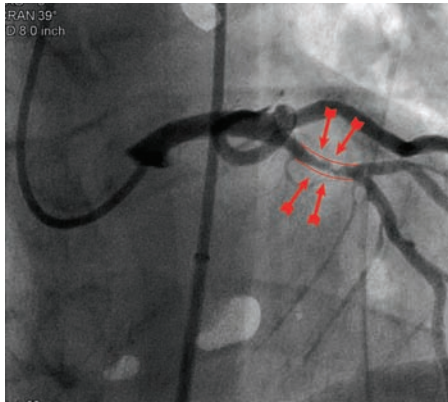
However, in spite of my active lifestyle, healthy habits and routine maintenance checks, I had a heart attack and heart angioplasty surgery, Aug. 3, 2014.

**How this went down**

For the last 20 years, I've been going to the Hardin Memorial Hospital's (in Elizabethtown, Ky.) free blood/health screenings. When I am a little overweight, my cholesterol number is 180-190. When I lose the extra weight, my cholesterol number is 160.

Sounds good, I thought. I got this completely under control.

I have been told you have good cholesterol and bad cholesterol, but I have since learned that you need to think of the good cholesterol as a wheelbarrow in your blood that hauls off



Courtesy photo

**This X-ray is of RJ Dyrdek's heart before surgery and shows the blockage in his artery. The arteries are the left main and the left anterior descending, going around his heart.**

the bad cholesterol into your cells, so it is effectively harmless. So when you hear your total cholesterol number, you need to understand how much is the “good” and how much is the “bad.”

This is usually given to you in the form of a ratio. The magic number of 200 needs to be a 100 good and 100 bad. That way you have plenty of wheelbarrows working in your favor, but 120 bad and 80 good is still OK.

But for me, I was having about 40 or less good cholesterol wheelbarrows – no matter what my bad cholesterol numbers were. It has just stayed in my bloodstream for years, even though I run, exercise, eat right and try to watch my weight.

So then the big awakening occurred.

Aug. 1, a Friday, I finished work and went to the gym, like I always do. Before I could really get into anything, I got a small, very sharp pain in the center of my chest. It was like a knife blade stabbing, dead center. I stopped working out and sat down for a little while and pressed my fingers hard on that spot, and it went away in about 15 minutes.

I called my wife and told her I was skipping the rest of my workout and would be home earlier. She was concerned because I had never done that before – cut a workout short.

I explained it all away, to both of us, by saying it must have been heartburn, and the rest of Friday night went fine. I thought antacid must be a miracle drug.

Saturday, it happened again – three times. I



Photo by Rachael Tolliver

**Today, RJ Dyrdek is healthy and cleared to train for this year's Kentucky Derby Marathon.**

would eat a couple of antacids and convince myself and my wife it was heartburn.

Sunday morning, before church, it happened one more time. I still went to church, but came home and sat around the rest of the day. My wife and I cut some grass that evening, and I thought the heartburn was gone.

Monday morning, I was up early and doing fine. I had a big day planned, so I had to dress up more than usual with a shirt and tie. However, before I could finish with my tie, the small knife-like pain started again. This time, my wife said I was white as a ghost, and I sweated through that dress shirt like I had been in the gym for hours. She ordered me to the doctor, and she called my boss to tell him.

She mentioned something about beating me to death if I did not go to the doctors, saying heartburn was going to be my least of worries.

I drove myself to the doctor's office. I met with the physician's assistant, and she asked if she could do an EKG. I agreed.

Once the machine started printing, her eyes got big, and she told me to rest and not move. She wanted to get my doctor. As he came into the room, he explained that an ambulance was on the way and that I would be going to the hospital immediately.

I said, “Doc, slow down. I just need a few antacids, and it will go away in a few minutes.”

He said no, I was having a heart attack right then, and there was no time to wait.

I told him I wasn't even in any pain right then, but he said I needed to be in the ambulance and taken to the hospital.

Turns out they can run the same EKG from the ambulance and transmit the data directly to the hospital. They explained to me from the graph that the EKG put out that I was definitely having a heart attack – right then.

So once the ambulance pulled into the emergency room entrance, all the different groups were geared up and ready to make me better. They quickly did a blood test that revealed some high levels of troponin, an enzyme that comes from your heart cells when blood vessels of your heart are ruptured. These blood vessels rupture when they are not getting the blood they need. This enzyme was definite proof to the doctors that I was having a heart attack.

The EKG was only a telling sign that something different was going on, but this enzyme test was almost a guarantee that the last few days I had been having small heart attacks every time I thought I was having heartburn.

They let me stay awake for the exploratory heart surgery. I suspect I dozed off a few times.

They put a small garden-hose-size entry port in my leg, shaved a lot of parts that made me very nervous, but before I knew much, they

had an orthoscopic camera driving around in my heart arteries. The doctor drove the small camera, the robotic X-ray machine and scoped out all the arteries of my heart.

He told me all the areas of my heart's arteries looked great, less than 10 percent blockage in all but one. He said all those areas look like I must have been doing great with my exercising and eating habits. He said it looked as good as a 25 year old.

But in this one place, that doctors have nicknamed “The Widow Makers,” was 95 percent blocked, and I could see it as clear as a bell. He said that the only reason all the heart attacks during the past few days didn't kill me was that my heart, the actual pump, was pushing the blood past that 95 percent blockage and still getting blood to the rest of the heart. So he said that was why everyone was in such a big hurry.

**So now for the fix**

The doctor gets a little orthoscopic roto-rooter and comes in with suction and cleans out the blockage. He had to be sure not to rupture the side of the artery, or they would be back to the idea of cutting me open in a big hurry.

After he cleaned it out, he measured for a stent, a stainless steel mesh tubing that went where all the blockage was to help hold that area open for good blood flow. My stent was going to be like a 1-inch long section of a coffee stirring straw. It was made of flexible mesh and would move right along with my heart as I would go on like nothing was different, eventually.

After that, all I would have to do is heal and take medicine to make sure none of this got screwed up or would happen again. The first medicine would stop my body from trying to get rid of or reject the small metal stent; the second medicine would be to keep my blood thin, so it would not have much power as it would flow through the metal object. Those two medicines are ones I would only take for about a year, and then my body would give up on the idea of trying to reject the foreign object and just get used to it.

The last two medicines I would take for the rest of my life: One was a cholesterol medicine to drive my bad cholesterol down to a very low number, so that I would have enough good cholesterol wheelbarrows to haul it off. And the other was a baby aspirin that will help keep my blood more consistent as I get older.

Seemed like a good deal con-

sidering all the mess I was in for because I didn't have enough good cholesterol.

So by 4:30 that afternoon I was back in an intensive care area in the hospital. The big thing was to remove that garden hose they had used in my leg. Now it was a little bigger concern than normal because that is a very big artery, and I had all those blood medicines in me and my body would gladly bleed them right out. So I needed to lay still for what seemed like forever, but by the next morning, the tube was closed up, and I was allowed to move around. I felt fine and went home the very next day.

**Finally at home with rehab**

I had to schedule rehab and testing, and I am going to admit, I was a little gun shy about going to the gym or doing anything that would make my heart race. What would happen if my very strong, good shape heart would push that little piece of metal out of where it belonged?

That's where the hospital cardio rehab people came in to play. I first went to the cardiologist's office and had all the EKG equipment hooked up to me and did a stress test – a run on the treadmill – with everyone watching the monitors and keeping a close eye on me, so nothing would get screwed up. I maxed out that test with no problems.

My heart raced up to 160 beats per minute for 15 minutes and cruised right back down to 70-80 beats per minute in no time. Everybody was happy, and they released me to the team at the hospital's cardio rehab.

So, for the next couple of weeks, all workouts would be with the cardio rehab team of the hospital. They gave me appointments, hooked me up with all the heart monitoring equipment and showed me all their stuff.

At first, you get a baseline and just walk around the place. Then you pick out a few cardio machines and have at it. They can see your heart activities as you workout. They come by and check your blood pressure as you are running/exercising, and they even give you sit-down education classes with any of the nurses on things you think you might need like nutritionists, exercise gurus and specialists.

*(Editor's note: Read the rest of this article at [www.hawaiiarmyweekly.com](http://www.hawaiiarmyweekly.com). RJ Dyrdek is the energy manager for the Directorate of Public Works at Fort Knox.)*

## Urgent Care

The Acute Care Clinic at U.S. Army Health Clinic-Schofield Barracks provides urgent care to patients experiencing acute illnesses or injuries. Beneficiaries include active duty and retired military personnel, their family members and other DoD/TRI-CARE beneficiaries.

Patients are triaged and seen based on severity of illness or injury. The average wait time is two hours. Hours are 7 a.m. to 6:30 p.m., and the clinic is located on the first floor of Bldg. 684, with access via the front door facing Waianae Avenue.

The front desk number is 433-8850.

Most importantly, according to Tripler Army Medical Center officials, call 911 if you are displaying heart attack symptoms.

Call the Tripler Army Medical Center Emergency Room at 433-6629.





Photo by Christine Cabalo, Oahu Publications

March is National Nutrition Awareness Month, and the military health system is participating with games like “Rate Your Plate” and “Nutrition Sudoku.”

# TAMC TIP Nutrition

March is National Nutrition Month. It is a great time to start, or continue, your commitment to good nutrition and your health.

One way to enhance your commitment to nutrition is to sign up to join one of Tripler’s registered dietitians for a free tour of the Schofield Barracks commissary.

During the tour, you will learn where to look for healthy options in the aisles and departments of the grocery store, what are healthy options, as well as tips on how to fill your cart with good foods for your

whole family.

Thursday, March 24th, at 11 a.m., is the next commissary tour.

If you are not able to make it in March, there are more tours being offered in April: on Thursday, April 7th, at 1:30 p.m., and Thursday, April 28th, at 11 a.m.



Each tour is limited to 20 people, so sign up now by calling Tripler’s Nutrition Outpatient Clinic at 433-4950.



## CONTINUED FROM B-1

appearance by the Easter bunny and tasty treats for keiki. There will also be a special screening of “HOP” beginning at 6:30 p.m. in the Kalakaua Ballroom.

### 30 / Wednesday Star-Advertiser Career

**Expo** — Visit with Hawaii’s best employers, 9 a.m.-3 p.m., at the Neal Blaisdell Center Exhibition Hall, submit an application and discover career opportunities.

Got management experience? Visit the “Corner Office” at the expo for a list of management and executive management positions.

## April

### 1 / Friday Honolulu First Friday

— Come to see the main events between 5 and 9 p.m., and stay for the late night party at some of the trendiest, most popular spots in Honolulu every first Friday of every month.

Stop by unique galleries, boutiques, cafes and restaurants that feature exciting art exhibits and free entertainment.

Visit [www.firstfridayhawaii.com](http://www.firstfridayhawaii.com).

### 5 / Tuesday Gold Star Spouses

— The Survivor Outreach Services Center will host a Gold Star Spouses Day dinner event from 5:30-8 pm., April 5, for Gold Star Spouses.

The dinner ceremony will be held at the SOS Center. Call 655-8432 for more details.

## Ongoing

**JROTC Medal Presenters** — Active/reserve officers from all the uniformed services are sought now to serve as volunteer medal presenters for the 2016 Hawaii JROTC awards ceremonies, April 6 to May 28. Only 20 high school JROTC units on Oahu need volunteers. Call retired Col. Arthur Tulak at 477-8195.

**Mammograms** — “Helping Women Now. Are You Due?” The U.S. Army Health Clinic-SB is now offering walk-in mammograms at the Radiology Clinic, Bldg. 685, first floor. Call 433-8355.

**SAT/ACT Prep** — Free DoD-sponsored prep prepares students for the college testing season. Request a donated program at [eKnowledge.com/HAW](http://eKnowledge.com/HAW) or call (951) 256-4076.

# Dedication to healthy eating a worthy goal

**TRICARE**  
News Release

Who would ever play the games Rate Your Plate or Nutrition Sudoku? Anyone who wants to learn how to eat right – that’s who!

Join the Military Health System as it observes National Nutrition Awareness, this month.

Nutrition is an important aspect of a healthy lifestyle. The Centers for Disease Control and Prevention lists being overweight as one of the risk factors for prediabetes, a condition that affects 86 million American adults.

Prediabetes puts people at increased risk for type 2 diabetes, heart disease and stroke. It has been estimated that without weight loss and moderate physical activity, 15-30 percent of people with prediabetes will go on to develop type 2 diabetes within five years.

The Academy of Nutrition and Dietetics celebrates National Nutrition Month each March to teach both adults and kids about food, nutrition and healthy living. The

academy offers several tips that can help you on your way to better nutrition:

- Eat breakfast.
- Make half your plate fruits and vegetables.
- Watch portion sizes.
- Fix healthy snacks.
- Get to know food labels.
- Follow food safety guidelines.

There are several resources to help you on your quest for better nutrition and healthy food choices. Visit the Academy’s website for tip sheets, videos and games, all designed to help you learn more.

You can also find information about health and wellness on the TRICARE website.

### More Online

Get more details about food and nutrition at [www.eatright.org](http://www.eatright.org) and [www.tricare.mil](http://www.tricare.mil).

